

Never Feel Old Again Aging Is A Mistake Learn How To Avoid It Never Be

Fifteen-year-old Amelia struggles to shape her own identity while a chronic illness threatens to tear her world apart. The past century has witnessed a revolution. Less than a hundred years ago, the average Western life expectancy was 40; now it is 80. And there is no end in sight: the first person who will reach 135 has already been born. It's the most radical change in our society since industrialisation, and naturally it raises many questions. What do longer life spans mean for the way we organise our societies? How can people best prepare themselves for living considerably longer? Does it help to eat less, or to take hormones, vitamins, or minerals? And what can we learn from old people who remain full of vitality, despite illness and infirmity? *Growing Older without Feeling Old* is the definitive book on a key issue for the 21st century, written by one of the world's leading experts in geriatric medicine. Combining medical, biological, economic, and sociological insights, Rudi Westendorp explores the causes of the ageing revolution and explains how we can greet it with confidence and enjoy leading longer, healthier, and more productive lives than ever before. PRAISE FOR RUDI WESTENDORP 'Eminently reasonable. At a time when too much of what is written about the elderly is depressingly downbeat, dwelling only on decline and dementia, Westendorp's book provides a valuable and cheering alternative.' The Daily Mail '[T]he message that we each hold the reins to success in life's third trimester is a refreshing tonic in a world awash with quack rejuvenants.' The Sydney Morning Herald

This is a story about a young boy named Tim Hartwell who lives in Tenby, Pembrokeshire in Wales. He learns about his family's magical past from his mother, Mary. Later, after learning and wondering about his past, he meets two Wyvern gargoyles who guide him to seven Galon Keys. The keys protect him through a parallel world in Wales called Selwyn's Chancer. Once there, he must avoid a beast named Stratford Hartwell who wants the power of the Galon Keys and the Book of Hartwell for himself.

Scientifically riveting and practically empowering, "Counterclockwise" offers a bold new way to think about aging and lifelong health from the trailblazing social psychologist and author of the bestselling classic "Mindfulness."

* Instant NEW YORK TIMES and USA TODAY bestseller * * GOODREADS CHOICE AWARD WINNER for BEST DEBUT and BEST ROMANCE of 2019 * * BEST BOOK OF THE YEAR* for VOGUE, NPR, VANITY FAIR, and more! * What happens when America's First Son falls in love with the Prince of Wales? When his mother became President, Alex Claremont-Diaz was promptly cast as the American equivalent of a young royal. Handsome, charismatic, genius—his image is pure millennial-marketing gold for the White House. There's only one problem: Alex has a beef with the actual prince, Henry, across the pond. And when the tabloids get hold of a photo involving an Alex-Henry altercation, U.S./British relations take a turn for the worse. Heads of family, state, and other handlers devise a plan for damage control: staging a truce between the two rivals. What at first begins as a fake, Instagramable friendship grows deeper, and more dangerous, than either Alex or Henry could have imagined. Soon Alex finds himself hurtling into a secret romance with a surprisingly unstuffy Henry that could derail the campaign and upend two nations and begs the question: Can love save the world after all? Where do we find the courage, and the power, to be the people we are meant to be? And how can we learn to let our true colors shine through? Casey McQuiston's *Red, White & Royal Blue* proves: true love isn't always diplomatic. "I took this with me wherever I went and stole every second I had to read! Absorbing, hilarious, tender, sexy—this book had everything I crave. I'm jealous of all the readers out there who still get to experience *Red, White & Royal Blue* for the first time!" - Christina Lauren, New York Times bestselling author of *The Unhoneymooners* "*Red, White & Royal Blue* is outrageously fun. It is romantic, sexy, witty, and thrilling. I loved every second." - Taylor Jenkins Reid, New York Times bestselling author of *Daisy Jones & The Six*

"In *Stupid things I won't do when I get old*, Petro candidly addresses the fears, frustrations, and stereotypes that accompany aging. He offers a blueprint for the new old age, and an understanding that aging and illness are not the same. As he writes, 'I meant the list as a pointed reminder--to me--to make different choices when I eventually cross the threshold to 'old'" -- Excerpt from jacket flap.

"The older I get, the more difficult I find it to take the world seriously. At close quarters it can appear merciless, almost threatening, but with increasing distance it looks more and more comical." --From the Introduction

If *I Stay* meets *Your Name* in Dustin Thao's *You've Reached Sam*, a heartfelt novel about love and loss and what it means to say goodbye. How do you move forward when everything you love is on the line? Seventeen-year-old Julie has her future all planned out—move out of her small town with her boyfriend Sam, attend college in the city, spend a summer in Japan. But then Sam dies. And everything changes. Desperate to hear his voice one more time, Julie calls Sam's cellphone just to listen to his voicemail. And Sam picks up the phone. What would you do if you had a second chance at goodbye? Filled with a diverse cast of characters, the heartache of first love and loss, and the kind of friends that can get you through anything, plus a touch of magic, *You've Reached Sam* will make an instant connection with anyone looking for a big emotional romance of a read.

Provides guidelines on how to prevent and alleviate the signs and symptoms of aging, introducing a variety of herbs, nutritional supplements, and diet tips to help cope with illnesses associated with aging.

A collection of essays offers a humorous look at the ups and downs of being a woman of a certain age, discussing the tribulations of maintenance and trying to stop the clock, menopause, and empty nests.

#1 New York Times Bestseller "THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In *Think Again*, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I've never felt so hopeful about what I don't know." —Brené Brown, Ph.D., #1 New York Times bestselling author of *Dare to Lead* The bestselling author of *Give and Take* and *Originals* examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life Intelligence is

usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval--and too little like scientists searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an expert on opening other people's minds--and our own. As Wharton's top-rated professor and the bestselling author of *Originals* and *Give and Take*, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. *Think Again* reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom.

Large Address Book For Contacts, Addresses, Home , Mobile, Work and Fax Numbers. The clear, big type makes it especially easy to use for seniors or the vision-impaired that can look up phone numbers and addresses - enough space for important contacts, and medical/emergency contacts. - 3 Addresses Per Page. - 18 Emergency Contact. - Space for almost 400 contacts. - Professionally-designed in 8' x 10' size, with plenty of space to read and write. - Standard Binding - No Page Tearing Like Spiral Bound Books.

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist--books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —The New York Times "Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank." —USA Today **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

In this "brave and heartbreaking novel that digs its claws into you and doesn't let go, long after you've finished it" (Anna Todd, New York Times bestselling author) from the #1 New York Times bestselling author of *All Your Perfects*, a workaholic with a too-good-to-be-true romance can't stop thinking about her first love. Lily hasn't always had it easy, but that's never stopped her from working hard for the life she wants. She's come a long way from the small town where she grew up—she graduated from college, moved to Boston, and started her own business. And when she feels a spark with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily's life seems too good to be true. Ryle is assertive, stubborn, maybe even a little arrogant. He's also sensitive, brilliant, and has a total soft spot for Lily. And the way he looks in scrubs certainly doesn't hurt. Lily can't get him out of her head. But Ryle's complete aversion to relationships is disturbing. Even as Lily finds herself becoming the exception to his "no dating" rule, she can't help but wonder what made him that way in the first place. As questions about her new relationship overwhelm her, so do thoughts of Atlas Corrigan—her first love and a link to the past she left behind. He was her kindred spirit, her protector. When Atlas suddenly reappears, everything Lily has built with Ryle is threatened. An honest, evocative, and tender novel, *It Ends with Us* is "a glorious and touching read, a forever keeper. The kind of book that gets handed down" (USA TODAY).

"Ray Francis' first book, *Never Be Sick Again*, helped thousands of people put their "incurable" diseases into remission and enabled thousands more to shed excess weight, improve their cholesterol profiles, and achieve peak immunity from disease. Now Francis brings his revolutionary approach to anyone who wants to enjoy robust health and wellness and reverse accelerated aging. As Francis explains, just like an automobile, the body ages as a result of accumulated repair deficits, or a lack of maintenance. Fortunately, the human body is a self-repairing system, and in this latest book, Francis shows readers how to stay in good repair and keep the aging process at bay. His revolutionary approach counters the one-size-fits-all approach of most conventional anti-aging treatments on the market by targeting specific imbalances that manifest through "aging" symptoms. Botox injections, plastic surgery, and even hormone-replacement therapies don't yield meaningful results because they fail to activate the body's self-repair mechanisms; what's more, sometimes these treatments compound the problem by introducing additional toxins into the body. *Never Feel Old Again* provides a fundamental understanding of why we experience accelerated aging and teaches readers to look and feel their best and be healthy at any age"--

NEW YORK TIMES BESTSELLER The New York Times bestselling author of *The Hormone Cure* and *The Hormone Reset Diet* shows every woman how to create a lifestyle that will help her look great, feel energized, and slow down the effects of aging. Feel destined for cellulite, saddle bags, and belly fat? Does your family come from a long line of Alzheimer's, cancer, or heart disease? Will nothing help your aging skin or declining libido or flagging energy? This book is for you. The body is magnificent but it doesn't come with a lifetime warranty, or an operating manual. You're the result of millions of years of evolution, but many of the adaptations that helped your ancestors survive are now working overtime to accelerate the aging process. The assumption here is that we are our genes and therefore trapped by the past. The good news is that your genetic code—the DNA sequence that is the biochemical basis of heredity—can play a minor role in the way you age. The scientific reality is that 90 percent of the signs of aging and disease are caused by lifestyle choices, not your genes. In other words, you have the capability to overcome and transform your genetic history and tendencies. Harvard/MIT—trained physician Sara Gottfried, M.D. has created a revolutionary 7-week program that empowers us to make the critical choices necessary to not just look young, but also feel young. Dr. Gottfried identifies and builds this book around the five-key factors that lead to accelerated aging -the muscle factor, the brain factor, the hormone factor, the gut factor, and the toxic fat factor. The 7-week program addresses these factors and treats them in an

accessible and highly practical protocol and is as follows: Feed—Week 1 Sleep—Week 2 Move—Week 3 Release—Week 4 Expose—Week 5 Soothe—Week 6 Think—Week 7 Younger increases not only your lifespan, but also your healthspan. Dr. Gottfried's program makes it possible to change the way you age, stay younger longer, and remain healthy and vibrant for all of your days. Never Feel Old Again Aging Is a Mistake--Learn How to Avoid It Health Communications, Inc.

Shows readers how to keep their bodies in good repair and keep the aging process at bay. Original.

REESE'S BOOK CLUB PICK INSTANT #1 NEW YORK TIMES BESTSELLER THE PAPER PALACE IS: "Filled with secrets, love, lies and a summer beach house. What more could you ask?"—Parade "A deeply emotional love story...the unraveling of secrets, lies and a very complex love triangle." —Reese Witherspoon (Reese's Book Club July '21 Pick) "Nail-biting." —Town & Country "A magnificent page-turner." —Cynthia D'Aprix Sweeney, New York Times bestselling author "[An] irresistible placement of a complicated family in a bewitching place." —The New York Times A story of summer, secrets, love, and lies: in the course of a singular day on Cape Cod, one woman must make a life-changing decision that has been brewing for decades. "This house, this place, knows all my secrets." It is a perfect August morning, and Elle, a fifty-year-old happily married mother of three, awakens at "The Paper Palace"—the family summer place which she has visited every summer of her life. But this morning is different: last night Elle and her oldest friend Jonas crept out the back door into the darkness and had sex with each other for the first time, all while their spouses chatted away inside. Now, over the next twenty-four hours, Elle will have to decide between the life she has made with her genuinely beloved husband, Peter, and the life she always imagined she would have had with her childhood love, Jonas, if a tragic event hadn't forever changed the course of their lives. As Heller colors in the experiences that have led Elle to this day, we arrive at her ultimate decision with all its complexity. Tender yet devastating, The Paper Palace considers the tensions between desire and dignity, the legacies of abuse, and the crimes and misdemeanors of families.

A life of peace, happiness and calmness is in your power. Do you find yourself constantly stressed about the little things? Do you feel like you get attached to people too quickly? Are you easily annoyed or irritated by others? The path to acceptance, release and liberation is here. This book is your complete guide on how to live a happier more meaningful life. FREE BONUS Included Right After Conclusion - HURRY before it's gone! Publisher's Note: This expanded edition of Letting Go includes FRESH NEW CONTENT to better help you discover the peace to happiness and harmony. This book contains proven steps and strategies on how to release stress, manage attachments and how to live a fuller and healthier life. These vital teachings will make you enormously better equipped to take on all that life throws at you, and ultimately lead a life of happiness and fulfilment. Have you wondered why we hold on to problems and memories which serve no good purpose other than reminding us of how sad, lonely and hopeless we are? We hoard the memories which have no significant value other than giving us the feeling of failure.

Replaying past mistakes which remind us of the pain, shame and regret take up most of the space in our brain. We have an attachment to hold on to all the frustration and worry in our lives. We often equate worry with responsibility, as if because we have responsibility we automatically have to worry. This book will lead you to the path to finding yourself, developing a fresher outlook on life and to understand how to deal with stress, anger and attachments. Learn what it takes to fully embrace life and let go of the self-created frustrations. Discover techniques to handle some of the challenging situations with a clear, calm mind and make conscious and reliable decisions. This book will not only let you feel more comfortable in your skin, but will also make you a happier person. Most importantly, you will have the ability to let go of non-beneficial thoughts and move on with a renewed sense of living. Here is a Preview of What You'll Learn... How to Unveil the Best in Ourselves Understand What Attachments Are & How We Can Release Them Explore Our Attachment to People, Relationships and Situations How Frustration Develops & Techniques to Release Tension How Our Perspective Shapes Our Reality How to Identify Harmful Environments & Methods to Change Them Proven Strategies to help us Become More Present How to Release Anger Effectively Fundamental building blocks in How We Become a New Person Much, much more! Check out What Others Are Saying.. "This is one of the best self-help books I've read. It actually made sense and addressed what it said it would do, which in my opinion is a rarity in these types of books. Like any self-help book, you must read it smart and not take everything the author says as gospel, but see how much of it really applies to what you are looking for. I highly recommend it for anyone hanging on to a lot of old hurts and struggling to get past certain portions of their life. If you have 'stuff' back there that is hindering the here and now, then I highly suggest it.- Audrey, August 2015 Live the life of happiness, peace and fulfilment that you deserve. LIMITED TIME BONUS OFFER: A sneak preview of Bestselling book 'Mindfulness for Beginners' included for FREE! Why wait? Click on the orange 'Buy Now with One Click' button on the top right hand corner of the page to purchase your copy today!

This book holds the knowledge you need! Becoming younger sounds like an impossibility. We are all aging, and nothing can stop that. But it is possible to slow it down to rebuild your body by carefully choosing what you put into it, meaning you can slow, or even reverse, effects of aging. In this book, Stop Or Reverse Premature Ageing, you will discover the first steps you can take in your bid to reverse premature aging, with tips and advice on How to get the most out of what you eat. Why Digestive enzymes are the cornerstone of life Build your body on a firm foundation Tips for a healthier you And more... By following the carefully researched advice this book offers, you will quickly notice a change in the outward appearance of your body and a difference internally. And while you'll never be 18 years old again, you may well feel younger. Give your body what it needs to repair itself!

As her son grows up from little boy to adult man, a mother secretly rocks him each night as he sleeps.

NEW YORK TIMES BESTSELLER USA TODAY BESTSELLER NATIONAL INDIE BESTSELLER THE WASHINGTON POST BESTSELLER Recommended by Entertainment Weekly, Real Simple, NPR, Slate, and Oprah Magazine #1 Library Reads Pick—October 2020 #1 Indie Next Pick—October 2020 BOOK OF THE YEAR (2020) FINALIST—Book of The Month Club A "Best Of" Book From: Oprah Mag * CNN * Amazon * Amazon Editors * NPR * Goodreads * Bustle * PopSugar * BuzzFeed * Barnes & Noble * Kirkus Reviews * Lambda Literary * Nerdette * The Nerd Daily * Polygon * Library Reads * io9 * Smart Bitches Trashy Books * LiteraryHub * Medium * BookBub * The Mary Sue * Chicago Tribune * NY Daily News * SyFy Wire * Powells.com * Bookish * Book Riot * Library Reads Voter Favorite * In the vein of The Time Traveler's Wife and Life After Life, The Invisible Life of Addie LaRue is New York Times bestselling author V. E. Schwab's genre-defying tour de force. A Life No One Will Remember. A Story You Will Never Forget. France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever—and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name. At the Publisher's request, this title is being sold without Digital Rights

Management Software (DRM) applied.

Where's the fun in growing old gracefully? Humorist Rohan Candappa believes it's "far better to put your name down for a course of bad behavior, irresponsibility, and questionable fashion choices. And anything that winds your kids up must be worth having a crack at." Embarrassing and exasperating your kids doesn't have to stop when they become adults and move out of the house. Rohan points out that "If life begins at forty, then a sixty-year-old is not yet twenty-one. And think how much mayhem still lay ahead of you at that age. Act accordingly." *Growing Old Disgracefully* offers hundreds of pointers for making your sunset years seem like the dawn of your existence. Here are just a few: * Advice on dressing well: Lycra is always a good bet. Fluorescent Lycra, ideally. * Looking younger: Forget dieting, exercise, and plastic surgery. Instead, tell people you're fifteen years older than you are. * Confusing young 'uns: On a crowded bus or train, offer your seat to someone obviously much younger than you. * The best anti-aging cream: Ice cream! What other food makes you feel like you're eight years old again? * Making grandchildren your allies: Buy them presents that their parents have (sensibly) refused to buy them. *Growing Old Disgracefully* serves up plenty of irreverent fun for everyone (except your children).

Plot twists, action and excitement will keep you turning the pages of this bestselling YA fantasy! Still reeling from a shocking revelation, guardian trainee Calla Larkenwood finds the threads of her world unraveling further when she's accused of a horrifying crime she didn't commit: A deadly magical disease has entered the Guild, threatening to wipe out every guardian--and someone is intent on framing Calla for it. With the Guild Council focusing their investigation on her instead of searching for the real criminal, Calla watches her dream of becoming a guardian rapidly slipping away. Time is running out. As the lines between good and bad, right and wrong, begin to blur, whom can she turn to for help? Perfect for fans of *The Mortal Instruments*, *The Iron Fey*, and *Graceling*.

AN INSTANT #1 NEW YORK TIMES BESTSELLER *Beautiful World, Where Are You* is a new novel by Sally Rooney, the bestselling author of *Normal People* and *Conversations with Friends*. Alice, a novelist, meets Felix, who works in a warehouse, and asks him if he'd like to travel to Rome with her. In Dublin, her best friend, Eileen, is getting over a break-up, and slips back into flirting with Simon, a man she has known since childhood. Alice, Felix, Eileen, and Simon are still young—but life is catching up with them. They desire each other, they delude each other, they get together, they break apart. They have sex, they worry about sex, they worry about their friendships and the world they live in. Are they standing in the last lighted room before the darkness, bearing witness to something? Will they find a way to believe in a beautiful world?

NATIONAL BESTSELLER • A stunning "portrait of the enduring grace of friendship" (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. A NATIONAL BOOK AWARD FINALIST • A MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE *A Little Life* follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara's new novel, *To Paradise*, coming in January 2022. A NEW YORK TIMES BESTSELLER *A Good Morning America*, *FabFitFun*, and *Marie Claire* Book Club Pick "In *Five Years* is as clever as it is moving, the rare read-in-one-sitting novel you won't forget." —Chloe Benjamin, *New York Times* bestselling author of *The Immortalists* ?Perfect for fans of *Me Before You* and *One Day*—a striking, powerful, and moving love story following an ambitious lawyer who experiences an astonishing vision that could change her life forever. Where do you see yourself in five years? Dannie Kohan lives her life by the numbers. She is nothing like her lifelong best friend—the wild, whimsical, believes-in-fate Bella. Her meticulous planning seems to have paid off after she nails the most important job interview of her career and accepts her boyfriend's marriage proposal in one fell swoop, falling asleep completely content. But when she awakens, she's suddenly in a different apartment, with a different ring on her finger, and beside a very different man. Dannie spends one hour exactly five years in the future before she wakes again in her own home on the brink of midnight—but it is one hour she cannot shake. *In Five Years* is an unforgettable love story, but it is not the one you're expecting.

#1 NEW YORK TIMES BESTSELLER SELECTION OF THE REESE WITHERSPOON BOOK CLUB A HIGHLY ANTICIPATED, BEST BOOK OF SUMMER SELECTED BY * VOGUE * USA TODAY * ENTERTAINMENT WEEKLY * CNN * TOWN & COUNTRY * PARADE * BUSTLE * AND MORE! A "gripping" (Entertainment Weekly) mystery about a woman who thinks she's found the love of her life—until he disappears. Before Owen Michaels disappears, he smuggles a note to his beloved wife of one year: Protect her. Despite her confusion and fear, Hannah Hall knows exactly to whom the note refers—Owen's sixteen-year-old daughter, Bailey. Bailey, who lost her mother tragically as a child. Bailey, who wants absolutely nothing to do with her new stepmother. As Hannah's increasingly desperate calls to Owen go unanswered, as the FBI arrests Owen's boss, as a US marshal and federal agents arrive at her Sausalito home unannounced, Hannah quickly realizes her husband isn't who he said he was. And that Bailey just may hold the key to figuring out Owen's true identity—and why he really disappeared. Hannah and Bailey set out to discover the truth. But as they start putting together the pieces of Owen's past, they soon realize they're also building a new future—one neither of them could have anticipated. With its breakneck pacing, dizzying plot twists, and evocative family drama, *The Last Thing He Told Me* is a riveting mystery, certain to shock you with its final, heartbreaking turn.

Author Elizabeth Meade Howard felt abruptly promoted to family elder after the death of her father, an adman, writer, teacher and her lifelong role model. When facing her own later years, Howard sought guidance from resourceful and resilient older men and women whom she admired for their imagination, adaptability and graceful aging. Some were famous. In 30 intimate and often moving interviews with journalists, poets, politicians, actors and artists, Howard reveals the lasting legacies of creative people in their 70s, 80s and beyond. Interspersed throughout the book are short chapters weaving together Howard's family story with insights gathered from scholars and scientists who have researched the aging process.

Roger Angell, the acclaimed *New Yorker* writer and editor, steps up with a selection of writings that celebrate a view from the tenth decade of an engaged, vibrant life. Whether it's a Fourth of July in rural Maine, the opening game of the 2015 World Series, editorial exchanges with John Updike, a letter to a son, or his award-winning essay on aging, "This Old Man," what links the pieces is Angell's unique perceptions and humor, his utter absence of self-pity, and his appreciation of friends and colleagues encountered over a fruitful career unlike any other.

I'm Proud to Be Natural Me! is the story of a little girl who is teased because of the texture of her hair. Her mom explains to her that

her hair is part of her identity and that she is beautiful the way that God created her. By the end of the story she is saying, "I've learned to love what I see. I'm proud to be natural me!" Through vivid imagery and a delightful story, the author teaches children the beauty of diversity. Each page is a stunning work of art, displaying beautiful children of color of various skin tones and natural hairstyles. Every other page repeats the empowering affirmation, "I'm proud to be natural me," so readers experience more than just an engaging story. They learn for themselves that their natural traits are beautiful, too. This book is sure to become a classic, because its message of self-acceptance is universal. I'm Proud to Be Natural Me! truly teaches children that "we are ALL beautiful as is."

Are you tired of feeling worn out, sick, and overweight?

Why is it that we experience weight gain, fatigue, aches and pains, illnesses, and memory loss as we get older? And, more importantly, do we have to?

These ailments do become more common in our 30s and 40s, but they are by no means inevitable. In fact, we are perfectly capable of remaining slim and vigorous, and our brains can absolutely stay clear and sharp—if we give them what they need. The problem is that most of us don't do that. We don't realize what our bodies need, so we eat the wrong foods, skimp on sleep, and deprive our bodies of the movement they crave. Overwhelmed by the stresses and the pressures of our lives, we take a host of prescriptions, never realizing how they might be disrupting our body's innate ability to heal. Most insidious of all, many of us lack the personal support and the community that we need to feel fully alive. Instead, we buy into the myth that age means decline.

A pioneer and internationally recognized expert in integrative and functional medicine, Dr. Frank Lipman proves that you don't have to feel this way. You have a choice! In his latest book, Dr. Lipman breaks through the common myths and misconceptions surrounding aging and dieting, and he zeroes in on what you need to do in order to feel your very best. His two-week Revitalize Program brings together key information regarding insulin resistance and carbohydrate intolerance, gut and hormonal imbalances, sleep disorders, medications and supplements, and community support, and features:

- delicious, nutritious recipes to support you along the way
- handy shopping lists and meal plans
- simple exercises, meditation practices, and restorative yoga sequences
- information about powerful anti-aging and digestive supplements and vitamins
- and more!

Dr. Lipman also offers a lifelong Maintenance Program, so that after two life-changing weeks, you can continue on your path toward ultimate health and wellness for years to come.

In just two weeks—only 14 days—you can feel so much better than you ever imagined!

This is a book that you'll want to share with your family, friends . . . and anyone else whose health you care about!

From the author of the #1 bestselling *The 17 Day Diet*, the inspiring and easy-to-follow plan for staying young and healthy, based on the same 17 day model that made the diet the bestselling diet book of 2011. Every year, every month, every day, every hour, every minute that you are alive, you are getting older. No matter how old you are, your body is undergoing age-related changes that can lead to less energy, painful joints, droopy skin, unsightly wrinkles, and overall declining health. But what if someone told you that getting older and the physical process of aging don't have to be so closely entwined? And what if you had the ability to slow down the aging of your body so much that you could actually live to see, and more important, enjoy your 100th birthday or beyond? From feeling pain in your joints to realizing that your memory isn't what it used to be, our bodies all suffer from wear and tear as we get older. But Dr. Mike Moreno—author of the #1 bestselling sensation *The 17 Day Diet*—explains that it is totally within your power to prevent and even reverse these symptoms of aging. *The 17 Day Plan to Stop Aging* is a 4-cycle plan that uses nutrition, physical fitness, and mental exercise to get you ready for longevity. Each cycle focuses on a different set of body parts and offers prescriptive solutions for improving the way those parts function. The plan is set up so that you can target specific areas or work on improving whole-body health at once. From your heart to your lungs, your nervous system to your reproductive system, the book is packed with information about what you can do to start feeling more vital. *The 17 Day Plan to Stop Aging* puts the power in your hands so you will never have to fear the prospect of old age again. Dare to imagine not just living 100 years, but thriving for all of them. The time to get started is now! *** *The 17 Day Plan to Stop Aging* is a 4-cycle system designed to help you feel healthier and younger. Whether you want to focus on a specific part of your body or feel rejuvenated from top to bottom, this is your guide to a happier, more vital life!

- Cycle 1—Restore: The plan begins with basic anti-aging approaches that will help restore all of your body's systems to a healthy baseline, stop potential medical problems before they start, and make way for a healthier, happier lifestyle—in 17 days flat. This cycle focuses on your heart, lungs, and brain, which Dr. Moreno considers to be the primary systems worthy of your immediate attention.
- Cycle 2—Rebuild: This cycle shows you how to protect your immune, digestive, and musculoskeletal systems. Through simple shifts in diet, unexpected ways to get your body moving, and a healthy dose of common sense, it's easy to strengthen these secondary systems so they can do their most efficient work for years to come.
- Cycle 3—Refine: When your reproductive and urinary systems are performing properly, you are most likely to feel energetic and sexy. Whether you want to avoid unpleasant symptoms like urinary incontinence or your goal is to keep your sex life thriving for years to come, Cycle 3 offers tools that you can easily apply to your life.
- Cycle 4—Renew: The strategies you'll master in the last 17 days of this plan will not only leave you feeling rejuvenated, but they will ensure that you are ready to make the most—in every way—of the long, happy, and healthy life that you're working toward. The vital elements in this final cycle help you achieve true harmony

among your health, environment, and overall lifestyle.

Throughout history, the image of “wisdom” is exclusively portrayed by men: God, Socrates, Confucius, Merlin, the aging college professor. Where are their female counterparts? The wisdom of older women is indisputable. Having lived decades raising children, caring for husbands, creating “nests” from which progeny fly out of to be productive members of society, and often being forced to observe more than participate in the events around them, older women have unique insights that help future generations not only to survive but also to thrive. New York Times–bestselling author of *Nice Girls Don’t Get the Corner Office*, Dr. Lois Frankel, now honors and gives voice to the often marginalized and “invisible” older women in our society. From Los Angeles, California, to Shanghai, China, women over age seventy share wisdoms and stories that are heartwarming and hilarious, insightful and witty, and philosophical and practical. “When life gives you lemons,” says Jo-Ann Mercurio, born 1941, “add vodka.” Beautifully photographed and illustrated, *Ageless Women, Timeless Wisdom* is a precious record of our women’s reflections and takeaways on lives well-lived that is sure to be passed from grandmother to daughter to granddaughter.

Includes an excerpt from *Love on the Brain*.

As *The Giving Tree* turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a household classic that will now reach an even wider audience. Never before have Shel Silverstein's children's books appeared in a format other than hardcover. Since it was first published fifty years ago, Shel Silverstein's poignant picture book for readers of all ages has offered a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafcadio, the Lion Who Shot Back*. He is also the creator of picture books including *A Giraffe and a Half*, *Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump the Glump!*, and *Runny Babbit*. And don't miss these other Shel Silverstein ebooks, *Where the Sidewalk Ends*, and *A Light in the Attic*!

A NEW YORK TIMES BESTSELLER “Brilliant and enthralling.” —*The Wall Street Journal* A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time’s most influential people. It’s a seemingly undeniable truth that aging is inevitable. But what if everything we’ve been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity, reveals a bold new theory for why we age. As he writes: “Aging is a disease, and that disease is treatable.” This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair’s own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, *Lifespan* will forever change the way we think about why we age and what we can do about it.

Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders, but his selection leads him to a mysterious man known as the Giver, who reveals the dark secrets behind the utopian facade.

One day Raymond Francis, a chemist and a graduate of MIT, found himself in a hospital, battling for his life. The diagnosis: acute chemical hepatitis, chronic fatigue, multiple chemical sensitivities, and several autoimmune syndromes, causing him to suffer fatigue, dizziness, impaired memory, heart palpitations, diarrhea, numbness, seizures and numerous other ailments. Knowing death was imminent unless he took action, Francis decided to research solutions for his disease himself. His findings and eventual recovery led him to conclude that almost all disease can be both prevented and reversed. In *Never Be Sick Again*, Francis presents a seminal work based on these findings — a revolutionary theory of health and disease: there is only one disease (malfunctioning cells), only two causes of disease (deficiency and toxicity), and six pathways to health and disease (nutrition, toxins, psychological, physical, genetic, and medical). This remarkable book answers the questions: What is health? What is disease? Why do people get sick? How can disease be prevented? How can it be reversed? It will teach readers, in one easy lesson, an entirely new way to look at health and disease — an approach that is easy to understand, yet so powerful that they may, indeed, never have to be sick again. Providing a basic understanding of health and disease, this book takes the mystery out of disease. It provides readers, no matter what their present physical condition, a holistic approach to living that will empower them to get well — and stay well.

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